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NUTRITION

WAR FOOD ADMINISTRATION

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News Letter

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NEW POLICY ON NEWS LETTER

The News Letter which has been published as part of the National Nutrition Program for the last 3 years will be revised, beginning with the August 1944 issue, as a bulletin exclusively for nutrition committees. (There will be no issue for July.) On the basis of the recommendations made by chairmen of the State nutrition committees, subsequent issues will be in the nature of a more direct communication serving to keep nutrition committees informed regarding plans and programs that are national in scope, and providing a channel by which nutrition committees may exchange their experiences.

Because a ceiling has been placed on the number of copies that can be printed, we regret that the mailing list for this bulletin must be limited to members of State nutrition committees and to chairmen and secretaries of county and local nutrition committees. It will not be possible, therefore, to continue sending the News Letter to the full mailing list of people now receiving it. We take this opportunity, however, to express appreciation for the interest shown by all readers of our past issues.

JULY IS FOOD PRESERVATION MONTH ON FFFF CALENDAR

Although the timing of emphasis on food preservation will naturally follow the crop seasons in different parts of the country, national advertising and newspaper and radio support will reach a peak in July. For all parts of the country, the 1944 goal is the same:

1. To save surplus fresh fruits, vegetables, and other perishable foods by home and community effort and thus add to 1944 civilian food supply.

2. To urge people to use SAFE METHODS of preserving food at home, and to han-

dle equipment the RIGHT WAY. Products will then be safe and good to eat, waste through spoilage cut to a minimum, and serious accidents to persons and property prevented.

3. To bring about most efficient use of scarce equipment such as steam pressure outfits in both home and community sizes.

1944 needs are greater—families must preserve even more food than in 1943! The program of home food preservation should be pushed vigorously.

In rural areas, Extension Service home demonstration agents will carry on an intensive campaign to promote more and better canning, and in some city areas new Emergency War Food Assistants will work on a home canning program in cooperation with Extension Service representatives. Nutrition committees can coordinate their efforts with these two groups during July, and can give invaluable aid by organizing canning schools or meetings during that month. Prints of the Department of Agriculture's color film on home canning will be made available for showing at these local meetings through State nutrition committees. (See list of new materials.) It is urged that "Canning the Victory Crop" be shown as widely as possible during July, when use of the available prints will be reserved for nutrition committees.

State nutrition committee chairmen and executive secretaries will have further details about this attractive film which shows very clearly the correct steps in canning tomatoes green beans, etc. Nutrition committees have been complimented in being selected by the War Food Administration as sole distributors of "Canning the Victory Crop" during Food Preservation Month.

NUTRITION ITEMS

A few items from Government sources will be of interest because of their implications for all of us:

Civilians consumed 5 to 7 percent more food in 1943 than in the prewar period 1935-39, despite huge war requirements. It appears that in spite of heavy de-

mands on our total production of food for wartime uses the nutritive value of our civilian food supply was as high or higher in 1943 than in 1935-39 in calories and vitamins A and C, and considerably higher in protein, the minerals, thiamine, riboflavin, and niacin, according to the Bureau of Human Nutrition and Home Economics.

The Bureau also learned from a Nationwide study that as late as the spring of 1942, probably at least one-third of American families had diets low in calcium, riboflavin, or both, as compared with the recommendations of the National Research Council. Milk and milk products, other than butter, contributed over three-fourths of the total calcium, and almost one-half of the total riboflavin. Wouldn't this be sufficient reason for Victory gardeners to give prominent space to green, leafy vegetables and permit them to make a contribution at these two points—as well as at others?

Among alternate sources of nutrients we are told that although soybeans are not a complete substitute for milk, meat, eggs, and cheese, they can serve as a valuable supplementary source of protein. Pinto beans were found to be used with as good results as animal proteins by a college group of men; peanuts have biologically complete proteins. Corn germ is also complete and is high in vitamin B and iron. New and unusual sources of vitamin C include the buffaloberry and Hawaiian papayas and mangoes. Peanuts and pecans will add thiamine to the diet.

Although we referred in the May News Letter to the excellent bulletin, "Experiment Station Research on the Vitamin Content and Preservation of Foods," we want to cite the conclusions mentioned in the publication about food preservation:

The present urgent need to conserve all garden surpluses on the one hand, and, on the other hand, to use ration points wisely for what they will furnish in quantity, quality, and nutritional values of foods, has brought up the question of the relative merits of freezing, canning, and dehydration as methods of conserving not only the foods but their nutritive value as well.

The blanching process decreases loss in freezing and freezing storage. Acid fruits and tomatoes retain ascorbic acid during canning and storage better than do nonacid vegetables. Thiamine, riboflavin, niacin, and ascorbic acid are

all water-soluble and dissolve in canning brine. If liquor in the can is not utilized, 30 to 50 percent of the vitamin content will be lost.

Scanty data suggest that ascorbic acid, in vegetables in particular, may be largely destroyed during dehydration and almost completely lost after a few months of storage. Carotene is sometimes unstable to oxidation and much may be lost. Losses may be greatly reduced with careful control of dehydration procedure and storage. B vitamins are comparatively stable to drying and storage.

In all three processes of preservation several points in common have been emphasized as favoring the maximum vitamin retention in the final product. First, is the selection of raw food of prime quality and maturity; second, immediate use of the food before it has time to decrease in quality and lose vitamins in storage; third, rapid handling of the food with proper blanching to destroy the enzymes which exert unfavorable effects on color, odor, and vitamin content; fourth, proper packaging; and fifth, utilization of the product within a year or less from the time prepared.

NOTES FROM THE FIELD

NEW YORK.—A State steering committee has been appointed to assist nutrition committees in their food preservation classes. This committee will find the right answers to troublesome questions, plan bulletins, posters, exhibits, radio and newspaper publicity, and will work to coordinate the food preservation programs of all State agencies.

Cortland County Nutrition Committee plans another food preservation clinic this year. Last year's clinic was located in a vacant store, and was a great success. The committee did a big job "on the telephone," answering food preservation questions.

Niagara County carried on an active food preservation program in 1943, working through the P. T. A. and other established groups. They are also using newspapers and the radio regularly as another teaching medium.

MARYLAND.—The Montgomery County Nutrition Committee is making a study to determine child-feeding costs in the county. The findings are needed in setting a fair charge for the day care of children of war workers in homes of "foster mothers." The "foster mothers"

day care plan has official approval as an alternate to day care for children in established centers. A method for estimating costs of feeding children who are being cared for in homes has been furnished by the Bureau of Human Nutrition and Home Economics. The Nutrition Committee obtains information on food prices in local stores and costs of feeding children are then estimated on the basis of these current prices and food requirements for children as recommended by BHNHE. Miss Marie Mount, State Nutrition Committee chairman, and Mrs. Rhea Galloway, executive secretary, met with the Montgomery County Committee to assist in planning this piece of work. Mrs. Galloway is following up and giving additional guidance as needed.

OKLAHOMA.—During March the State Nutrition Committee sponsored four 1-day working meetings in the State, with the chairman of each county nutrition committee attending the center most convenient, to discuss food and nutrition problems and how the county committees could help in solving them. The discussions centered around these questions:

1. How can you determine the nutrition problems in your county?
2. Who should be members of the county nutrition committee?
3. What are the various activities that can be undertaken to meet the problems?
4. What is the county nutrition committee's responsibility in solving these problems?
5. How can the State Nutrition Committee be of greatest help to county nutrition committees?

One of the suggestions coming from these questions was that committees set up specific goals for the year, with special subcommittees handling each type of activity. In each discussion time was given to the consideration of kinds of activities that could be used in solving various phases of the nutrition problem.

TEXAS.—At the State Food Preservation Conference of the Texas State Nutrition Council held in March, it was decided to sponsor this type of conference annually, taking care to omit repetition, but rather to serve as a means of current information on food preservation. The program committee recommended that an effort be made to correlate the work of food production groups and food preservation groups, and that the next con-

ference be held at least as early as March 1, with time allowed for questioning and discussions from the group, that more actual demonstrations be included in the program, and that participants in group or section meetings be rotated so that all members of the conference may participate in all sections.

The conference adopted an extensive list of recommendations on safe methods and uniform procedures for use in home canning in Texas, and recognized the desirability of working with other agencies to bring such uniformity of home canning procedures about as quickly as possible. The need for much additional research on home food preservation was stressed, in order that it might yield products that are safe to use, free from spoilage, and that give maximum retention of nutritive value and palatability.

IOWA RADIO "CHATS WITH CHAIRMEN."—Iowa local nutrition committees are full of praise for Dr. P. Mabel Nelson's once-a-month, 15-minute radio chats, addressed specifically to them via the WOI Homemaker's Half Hour. Nutrition committee members value the talks for their speedy transmittal of current information, delivered so informally. They feel more of the challenge of the job to be done than they would from reading a written communication, and they appreciate the prestige that this periodic broadcast gives the nutrition program and its local leaders in the community. Dr. Nelson has not followed a set pattern for her talks since she began them last September. They so neatly blend scientific and other factual information with usable suggestions for putting into practice, that women other than nutrition committee members listen in on this "party-line" radio talk.

INDIANA.—Standards, methods, and procedures involved in the 1944 food preservation program were discussed at a working conference held by the Indiana State Nutrition Council in March. Representatives from various agencies and organizations having nutrition programs attended. The need to keep up the pressure for increased food production and food preservation, and for using correct procedures in canning and storage, was stressed. Although only two community canning centers operated last year, plans are under way now for opening additional canning centers in vari-

ous parts of the State. Food for school lunches will also be canned. The advisability of having families plan a food budget of 120 quarts per person as a basis for planning their gardens was pointed out.

OREGON.—The State Nutrition Committee has made kits of eight food and nutrition exhibits available to members of State and county committees. The exhibits have been prepared and photographed by the Foods and Nutrition Department of the School of Home Economics, Oregon State College. Instead of a description of the exhibit with detailed instructions, a photograph of the exhibit is given together with a list of materials needed, cut-outs, patterns, and letterings. Future exhibits will be announced from time to time.

HAWAII.—The Territorial Nutrition Committee has obtained several scripts and selected a story to be made into a nutrition film. Miss Cameron, executive secretary, spent much time checking historical and scientific details and choosing the cast. The film is now coming along nicely in the hands of a professional camera man. Most of the \$3,000 cost has already been contributed by community organizations.

NEW MATERIALS (Samples Enclosed)

"Can All You Can—It's a Real War Job!"—OWI Poster No. 77, 16" x 22½", a colorful reminder for the food-preservation campaign. Additional copies are available free from regional OD offices or from the Division of Public Inquiries, Office of War Information, Washington 25, D. C.

"Cooking With Soya Flour and Grits."—A revision of AWI-73, has recently been made into this 24-page publication to include more soya flour and grits recipes from BHNHE. Additional copies are available from the U. S. Department of Agriculture.

"A Brief Review of Food and Nutrition in Five Countries."—A publication containing speeches by delegates to the United Nations Conference on Food and Agriculture, which were delivered at the Department of Agriculture immediately after the conference at Hot Springs, Va. The talks of these delegates provide comparison between the nutrition problems of the United States and Mexico, China, Egypt, Belgium, and India. Addi-

tional copies are available from the U. S. Department of Agriculture, Washington 25, D. C.

NEW MATERIALS (Samples Not Enclosed)

"Home Canning Charts."—Set of 20 picture charts showing how to can fruit and tomatoes and vegetables, prepared by BHNHE. Available free to State and local nutrition committees from regional OD offices. 50 cents per set at Government Printing Office, Washington 25, D. C.

"Home Canning of Fruits and Vegetables."—A new bulletin for 1944 by BHNHE. Copies will be ready for free distribution from the Office of Information, U. S. Department of Agriculture, on or about June 1.

"Community Canning Centers."—Misc. Pub. No. 544, prepared by the Office of Distribution in response to many requests for information on the establishment and operation of community canning centers. It is based on the experience of successfully operated community food preservation centers. Copies are available at regional OD offices.

"Get Acquainted With Soya Flour and Grits."—These charts, announced in the January 1944 Nutrition News Letter, are now ready for distribution. Available at 20 cents per set of four from Government Printing Office, Washington 25, D. C.

NEW FILMS

"Canning the Victory Crop."—Two reels, 16 mm., sound, kodachrome. USDA adaptation of the film originally produced by Good Housekeeping Institute. Available through State nutrition committees.

"Saving the Harvest."—One reel, 10 minutes, black and white, sound film showing various methods of storing vegetables at home. Also may be secured through Motion Picture Service, Office of Information, U. S. Department of Agriculture.

Sincerely yours,

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